VEGAN CHICKPEA CURRY

Cheap, healthy and quick, there’s nothing not to love about this recipe. I make it all the time at home. I’ve adapted it from a recipe I found on BBC Good Food – there are lots of great plant based recipes on there. It goes lovely with rice, baked sweet potato or some pitta bread. My kids even eat it! I just add in some yoghurt to make it a bit milder. It’s also great to freeze. Enjoy!

Serves 4 Cook time: 20 mins

Ingredients:

* 1 tbsp coconut oil
* 1 ½ tsp cumin seeds
* 1 large onion, diced
* 2 garlic cloves, crushed
* thumb-sized piece ginger, finely grated
* 1 green chilli, finely chopped - optional
* 1 tsp garam masala
* 1 tsp ground coriander
* ½ tsp turmeric
* 2 tbsp tikka masala paste
* 2 x 400g can chopped tomatoes
* 2 x 400g can chickpeas, drained
* Handful of spinach
* Lemon juice

Melt the oil in a large saucepan and add the cumin seeds. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened.

Put the garlic, ginger and green chilli into the pan (if using), and cook for 2-3 mins. Add the spices and tikka masala paste and cook for a further 2 mins until fragrant, then tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Add the spinach and allow to wilt. Season, spritz with lemon juice and enjoy!